

Small Group Discussion Guide

For the week of December 1 - 7, 2019

Main Thought and Scriptures:

The holidays can be a challenging time for many people. Instead of joyous reunions with friends and family, the holidays often surface the pain of challenging relationships and past hurts. The bible encourages those who are in Christ to “clothe” ourselves with compassion, among other virtues, and to forgive those who have offended us just as Christ forgave us. Intentionally putting on a spirit of compassion and forgiveness will enable God to work in healing our souls and reconciling broken relationships.

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.” (Colossians 3:12-14 NIV)

Compassion: Putting ourselves in the person’s shoes.

Kindness: Treating people better than they deserve.

Humility: Accepting the lesser role.

Gentleness: Holding back.

Patience: To put up with more than we should.

Christmas Survival Tips:

- Be aware of people or situations that test you the most. Be proactive, not reactive.
- Decide beforehand what healthy boundaries look like.
- Remember we can’t change others, we can only change ourselves.

Reflection: *Break into groups of 3-4 to discuss.*

- Share one point from the above thought and scriptures that stands out to you.
- Which of the qualities mentioned do you need to “clothe” yourself with on a daily basis? Why is that?

Application:

- Because we have been forgiven by God, the Bible commands us to forgive one another. Is there anyone in your life that you need to extend forgiveness to?
- Is there a person or situation in your life that you need to clothe and extend these characteristics to?

Prayer: *Break into pairs to pray.*

- Pray for one another to be clothed with compassion, kindness, humility, and gentleness. Ask God to work in our heart to love people as He loves us.
- The Holiday season is a time where most people are open to God. Pray for someone far from God that you can share His love with.